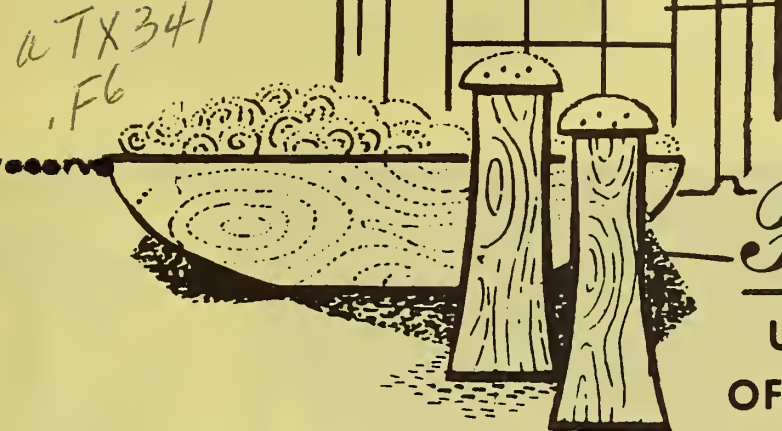


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

ATX341
.F6



Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

33rd Year

February 23, 1976

NO. 8



CURRENT SERIAL RECORDS

In This Issue:

- 1 - FOOD: Dairy Product Data
- 2 - FOOD: Photos —
- 3 - On Fermented Foods
- 4 - — and Beverages (Asian)

Watching food costs? Fresh milk and cultured milk costs more than milk made from dried and canned forms, according to USDA home economists.

* * *

Don't mix new milk with old — except for immediate use. Unopened cans of evaporated milk should be kept at room temperature or in a cool place. After opening, store in the refrigerator.

* * *

Unopened packages of nonfat milk should be stored at a temperature of 75 degrees or lower. Unused portions may be stored in the original package or transferred to a tightly covered container.

* * *

If dry milk is exposed to air during storage — it may become lumpy and stale according to USDA home economists.

* * *

In cooking or baking, nonfat dry milk may be mixed with dry ingredients, or may be mixed with water and used as a liquid.

CONSUMER SURVEY

— ON DAIRY PRODUCTS

Fluid whole milk is a part of the daily diet of 68 percent of Americans, according to a U.S. Department of Agriculture report. More males than females consume regular servings of milk, and their portions are larger, the data reveals.

Interviews concerned with milk drinking habits of teenage boys (15-17) show that four out of five drink milk, and of that group, nearly 20 percent consume at least one quart daily.

Evaporated milk (unsweetened and undiluted) is used by four percent of the individuals surveyed ...and most of those are males, 65 to 74 years old. Often the portions were one or two tablespoons—frequently used in coffee.

Ten percent of the U.S. sample-group consume American cheese—but the average amount is approximately just the weight of the usual slice of cheese. Males also consume more cheese, than females, according to the USDA survey.

ASIAN FOODS



BN 44280
YAKS MILK



ASIAN YEAST CAKES
BN 44279

MURCHA CAKES



ASIAN FOODS

— AND FERMENTATION

To most American Consumers, the process of fermentation might bring to mind chemical processes needed to produce many of our favorite foods and beverages ranging from cheese to yogurt and breads to alcoholic beverages. In underdeveloped countries, however, fermented foods are part of the culture — and necessary for the very existence of their people.

Dr. Lekh Batra, a mycologist at the U.S. Department of Agriculture, whose study on fermented foods was undertaken to determine the fungi responsible for certain fermentation processes has also included analyzing various Asian fermented foods for their nutritional value.

Dr. Batra, maintains that fermentation of many legume-grains improves their digestibility, enhances keeping quality, and prolongs shelf-life. This is especially true on items containing spices and salt...fermentation improves flavor and appearance and even shortens the necessary amount of cooking time—and may increase nutritional value.

One of the interesting aspects of the fermented foods of Asia is that the same product may be known by many different names, depending on the area in which they are prepared. Rice beer, a mildly alcoholic beverage usually prepared at home, is know by, at least, 25 different names.



FERMENTED FOODS (CON'T)

Palm wine is another product that is easily made from the coconut or date palm tree — because the tree has the required yeast on the surface and sap ferments to a low alcohol "wine" as it naturally flows from the tree. Several hours after the cut is made into the tree the sap pours out into a pail; the "wine" then is ready to drink. This is a faster fermentation method than most. Usually several days are required for fermentation.

A significant portion of agricultural commodities exported from the United States to Asia serve as raw materials for fermented foods, Dr. Batra says. Some of these foods are also imported into this country, so it is important to know of their ingredients and associated microorganisms. The latter, selected through centuries of native processing of silk, soybeans, wheat, rice, and pulses of grain legumes, may also be useful to modern day food technology according to Dr. Batra and his assistant, Pat Millner of USDA's Agricultural Research Service .

Some of the foods which have been analyzed by Dr. Batra include "Idli" — pancakes made from fermented dough (of rice and black gram flour). Idli are consumed in south India as an important part of the diet. "Jalebies", pretzel-like, syrup-filled confections are prepared from deep-fried fermented wheat-flour dough and are also popular items in India.

The people in India might prefer an ordinary can of beans which would sell for about 17¢ a can (most of this cost is transportation and canning) there, the cost is more than most of the people in small villages can afford. Their money is needed more for seeds and agricultural equipment. Thus, the need to improve their nutrition with their present available foods — to make do with what they have. In this country, the interest in different tastes in food have provided a growing market for many of the fermented foodtypes so commonplace in Asia, Dr. Batra maintains.

Food and Home Notes is a weekly newsletter published by the U.S. Department of Agriculture's Office of Communication, Press Division. Washington, D.C. 20250. —Editor: Shirley Wagener.....Telephone 202-447-5898.
